

LIFE MANAGEMENT

Levels: 10-12

Units of Credit: 1.0

CIP Code: 20.0109

Prerequisite: None

COURSE DESCRIPTION

LIFE MANAGEMENT—(1.0 credit) This course is designed to prepare students with skills to live independently. Skills are developed to help students manage their needs in the areas of interpersonal relationships, housing, clothing, nutrition, and food. Management of time, money, and resources are emphasized in each area allowing students to be successful at home and in the workplace. FCCLA may be an integral part of the course.

CORE STANDARDS, OBJECTIVES, AND INDICATORS

STANDARD

20.0109-01 Students will examine the essential components of independent living.

OBJECTIVES

20.0109-0101 Examine the effect of values and goals on choices.

National Standard 2.1.1

- Identify and clarify values
- Analyze the sources of values
- Compare situations that create value conflicts
- Explain how values change throughout life
- Explain how values influence goals
- Identify and clarify goals

20.0109-0102 Explore the variety and influence of relationships.

National Standards 13.1.1, 13.1.4

- Describe the types and importance of relationships
- Identify the qualities of friendship
- Plan a strategy to develop and maintain ongoing relationships
- Explain what commitment means in a relationship

20.0109-0103 Analyze various life roles.

- Identify possible roles in an independent living situation
- Examine expectations of various roles
- Practice assigning priorities to various roles

20.0109-0104 Assess personal resources.

National Standard 2.1.1

- Identify available resources (time, energy, money)
- Discuss the management of resources
- Debate the present use of resources

STANDARD

20.0109-02 Students will discuss and apply the practical reasoning process.

OBJECTIVES

20.0109-0201 Identify the steps in the practical reasoning process:

National Standard 2.5.1

- Identify or introduce the general problem
- Apply the practical reasoning process
 - * Develop goals
 - * Identify circumstances of the problem
 - * Explore alternatives for reaching goals
 - * Describe potential or predictable consequences
 - * Evaluate the consequences
 - * Make a decision based on reasoning
- Take action on the decision
- Reflect on the action

20.0109-0202 Discuss the application of the practical reasoning process to life management.

STANDARD

20.0109-03 Students will practice solving practical problems.

OBJECTIVES

20.0109-0301 Locate a place to live.

National Standard 2.1.5

- Examine the influence of values and goals on decisions about housing
- Discuss housing decisions and the impact they have on creating or altering relationships with others
- Explore the roles of a tenant, landlord and roommate
- Evaluate the resources available for rent or purchase, and maintaining furnishings and appliances

20.0109-0302 Create a plan for meeting their transportation needs.

National Standard 2.1.8

- Analyze the relationship between values and goals and transportation needs
- Distinguish how human relationships are affected by transportation needs
- Examine factors to consider when deciding who will provide and pay for transportation.
- Analyze costs and responsibilities of owning a car
- Assess the resources available for providing personal transportation

20.0109-0303 Participate in a simulated car purchase.

National Standard 2.1.8

- Identify the advantages and disadvantages of owning a car
- List guidelines for judging the performance of a car
- Debate whether it is better to purchase a used car or a new car
- Select a car to purchase.
- Assess the annual costs of gas, oil, insurance, repairs, payments, and maintenance; prorate for a monthly amount
- Explain the importance of a full warranty.
- Identify possible sources of automobile loans

20.0109-0304 Discuss and apply basic money management.

National Standards 2.6.1, 2.6.2

- Examine the influence of goals and values on decisions about financial management
- Recognize the effect of financial decision on relationships with others
- Evaluate the role of a financial manager
- Assess ways of using resources to meet financial needs
- Develop a budget for independent living

- 20.0109-0305 Students will plan food for optimum health.
National Standard 2.1.3
- Discuss and apply the need of proper nutrition
 - Assess the need for eating and serving nutritious foods
 - Plan nutritionally balanced meals and snacks within a budget
 - Discuss and apply the need for planning food purchases
 - * Determine the amount an individual and/or family can spend for food.
 - * Identify wise food buying practices (e.g., using a shopping plan, computing unit prices, comparison shopping, assessing nutritional value for dollar, reading labels, using coupons, etc.)
 - * Discuss food-shopping tips that can save money and reduce waste
 - * Identify comparison-shopping techniques
 - * Compare costs of using prepared or convenience foods to cooking from scratch
 - * Compare costs of eating out versus preparing food at home
 - Discuss food safety and sanitation
- 20.0109-0306 Apply information about selecting and caring for clothing.
National Standard 2.1.4
- Examine individual values regarding clothing and appearance
 - Identify the effect of relationships on clothing choices
 - Prioritize clothing needs and resources
 - Use effective consumerism skills when purchasing clothing
 - Use appropriate methods and products when caring for clothing

STANDARD

20.0109-04 Students will describe the role of insurance and its applications.

OBJECTIVES

- 20.0109-0401 Students will define and use established insurance terms (policy, claim, coverage, deductible, rider, premium, etc.) and list reasons for securing financial protection.
National Standard 2.6.3
- 20.0109-0402 List the various types of insurance including their components, generally carried by individuals and families, including those required by law (automotive, life, medical, household.)
National Standard 2.6.3
- 20.0109-0403 Students will determine guidelines for the amounts and types of personal and family insurance needed and then complete an insurance application form.
National Standard 2.6.3

STANDARD

20.0109-05 Students will participate in activities that will help them prepare for a career.

OBJECTIVES

- 20.0109-0501 Analyze influence of values and goals on choosing a career.
National Standard 1.2.1
- 20.0109-0502 Explain how career choices affect one's life style.
National Standard 1.1.4
- 20.0109-0503 Identify places to look for a job.
National Standard 1.2.2

- 20.0109-0504 Practice writing a resume and a cover letter.
National Standard 1.2.2
- 20.0109-0505 Complete a job application.
National Standard 1.2.2
- 20.0109-0506 Discuss and practice interview skills.
National Standard 1.2.2